

Lend an ear and a heart.

Creating opportunities to have open and meaningful conversations is an essential part of all healthy relationships. Here are some tips to keep in mind that can help everyone feel heard and valued when sharing their feelings. It takes practice, so keep trying your best.



Open mind: “Oh, wow. I never looked at the situation like that. Tell me more about how you’re feeling.”



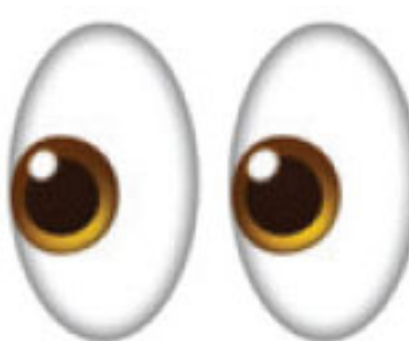
Listen to understand: “I’m so glad you’re sharing this with me. I really want to understand, so let’s talk it through until I get it.”



Questions: “What you’re saying makes sense to me. Can you tell me more?”



Respectful voice: “Maybe we agree to disagree, but that doesn’t mean we stop respecting each other. Does that work for you?”



Attentive eyes: “You have my full attention and I really care about what you have to say.”



Take time: “I want both of us to be able to say what we want to say. Do you want to go first?”



Kind heart: “I’m proud of you and I’m always here for you.”